

Flow Diagram:

Patient Presents with symptoms

Assess Signs and Symptoms:	Flu	Cold
Onset	Sudden	Gradual
Fever	Characteristic, high (over 101°F); lasting 3 to 4 days	Rare
Cough	Dry; can become severe	Hacking
Headache	Prominent	Rare
Myalgia (muscle aches and pains)	Usual; often severe	Slight
Tiredness and weakness	Can last up to 2 to 3 weeks	Very mild
Extreme exhaustion	Early and prominent	Never
Chest discomfort	Common	Mild to moderate
Stuffy nose	Sometimes	Common
Sneezing	Sometimes	Usual
Sore throat	Sometimes	Common

Cold

Supportive Care

No

Flu Diagnostic Criteria Met

Abrupt onset of flu-like illness with fever >101, with at least one respiratory Sx (dry cough, sore throat, or nasal Sx) and at least one constitutional Sx (HA, myalgias, sweats or chills, or fatigue)

Yes

Patient presents within 48 hours of symptom onset?

Yes

Option 1: Quidel rapid flu test in office (time: 22 min)

Option 2: Collect nasopharyngeal specimen and send swab to Coastal central lab via courier (time: 1 hour from time of arrival)

Yes

Decide if flu diagnostic test is appropriate

(YES: If early in flu outbreak, need to confirm if flu type A vs type B, or need to rule out flu vs other illnesses).
(NO: If confident in clinical diagnosis and/or time to obtain test result will be a barrier to early and effective treatment).

No

Negative Results

Positive Results

Evaluate for other causes of symptoms

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Treat on Clinical Grounds

